

Menus for healthy, happy kids



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How important is menu planning?

**Good menu planning
can make a big difference.**



Menus determine

- Foods to purchase
- Cost (food and labor)
- Kitchen layout and equipment
- Satisfaction with meals



Nutrition/health



Basic principles of planning menus

- Balance flavors
- Emphasize variety
- Think about appearance
- Consider nutrition
- Make mealtimes enjoyable

1. Strive for balance

- **Flavors**
mild, strong
- **Nutrition**
fat, salt content
- **Temperature**
hot, cold
- **Texture**
soft, chewy, crunchy



2. Emphasize variety

- Main dish
- Fruits and veg
- Preparation method
- New foods
- New forms of same foods



3. Appearance

- Color
- Garnishes
- Presentation



4. Contrast

- Texture, crunch
- Size and shape



5. Nutrition

- fresh, A & C
- whole grains
- limit juice, sugar, fat, salt
- iron, calcium



6. Make meals enjoyable

- Food fun
- Special days
- Cultural foods
- Seasonal foods
- Healthy fast foods



Menu management

- Plan ahead
- Cycle menus
- Post
- Update
- File



Evaluation

- Requirements met?
- Recommendations?
- Appearance?
- Acceptance?

★ Make changes



Menus as a record

- What was actually served?
- Record any substitutions.
- File weekly.
- Review any time.



Use good resources

<http://www.fns.usda.gov/tn/Resources/buildingbl>

[ocks.html](http://www.fns.usda.gov/tn/Resources/buildingblocks.html)

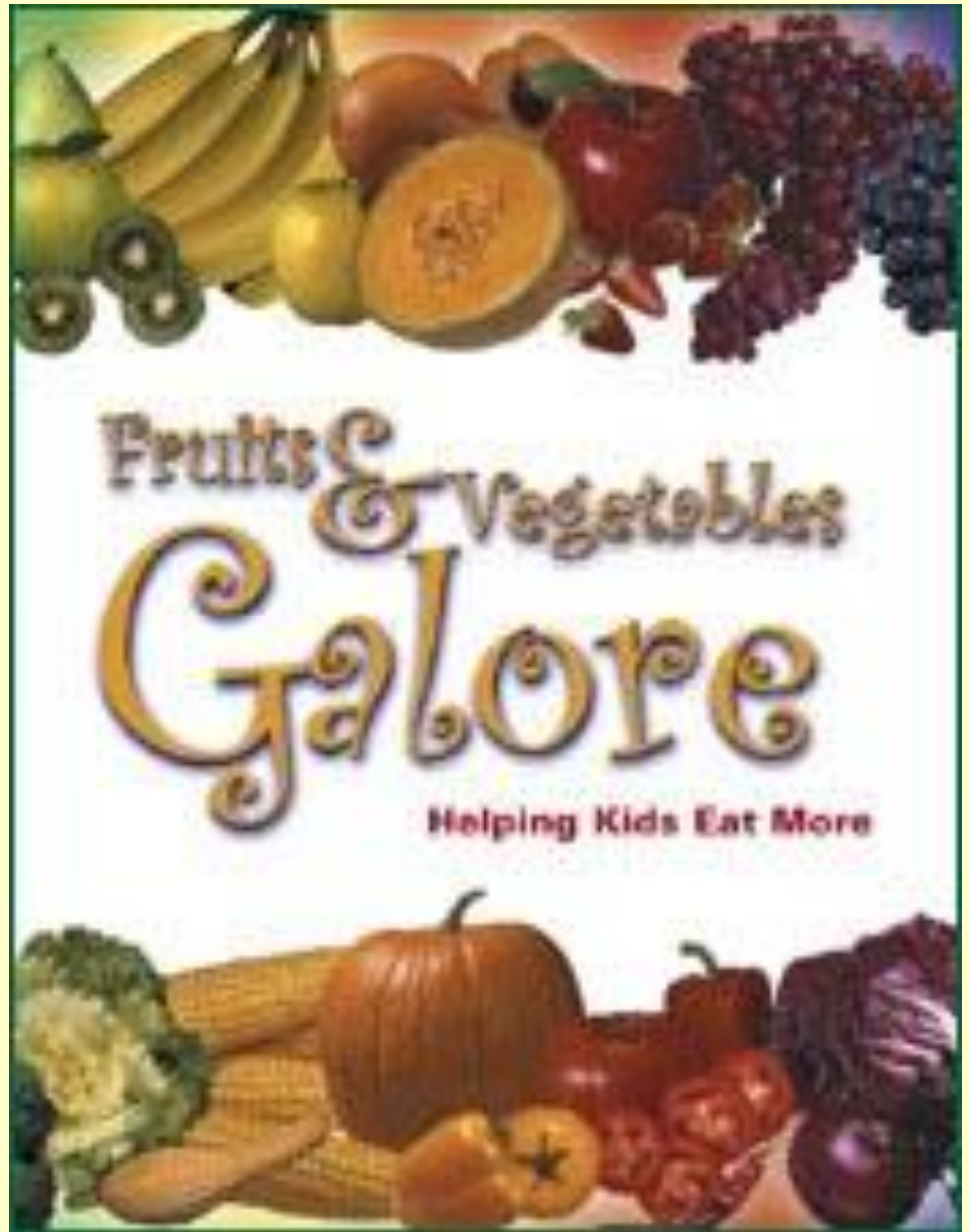
Building Blocks for Fun and Healthy Meals

A Menu Planner
for the Child
and Adult Care
Food Program



Use good resources

http://www.fns.usda.gov/tn/Resources/fv_galore.html





Information & Publications

**Use good
resources**

http://www.nfsmi.org/Information/cc_recipe_index_alpha.htm

USDA Recipes for Child Care

Numerical by Page Number

Alphabetical by Recipe Name

[A-B](#) | [C-F](#) | [G-M](#) | [N-P](#) | [Q-Z](#)

[All recipes listed alphabetically](#) | [Go to numerical index](#)

[Apple Cobbler](#)

[Apple Crisp](#)

[Apple-Bread Pudding](#)

[Applesauce Cake](#)

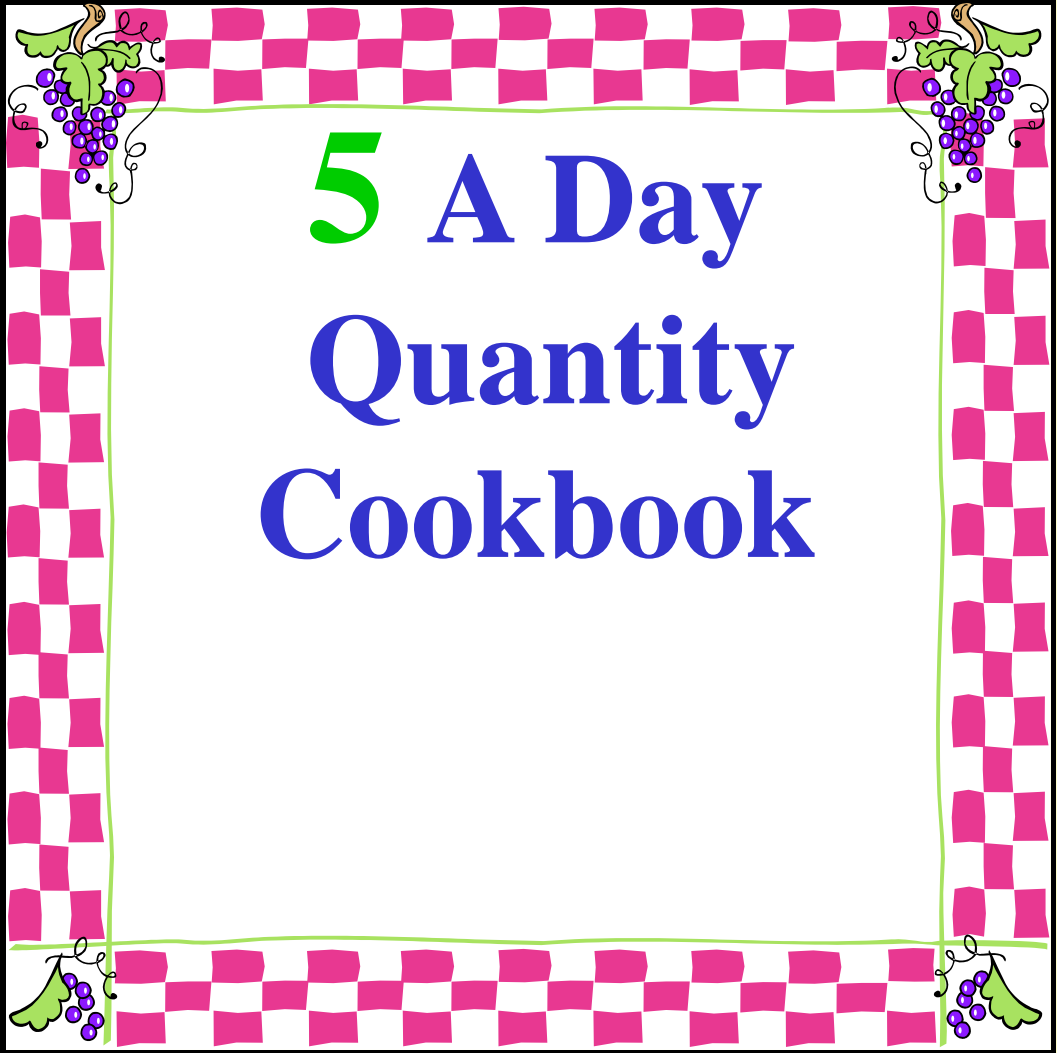
[Applesauce Pancakes](#)

[Baked Custard](#)

[Baked Scrambled Eggs](#)

**Use good
resources**

<http://www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf>



5 A Day Quantity Cookbook

Use good resources

<http://www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf>

Physical Activities and Healthy Snacks for Young Children

TEAM NUTRITION  **IOWA™**

